



VALENTINE DINNER & DANCE- -FUNDRAISER for JUSTICE, INC Friday, February 12, 6:30 p.m. to Midnight



Southside Christian Church (Disciples of Christ) of South Bend is hosting a Valentine Dinner/Dance on February 12, 1999. We're looking forward to a fun event, and an opportunity for the community to get together and have a great time. According to the National Coalition of Anti-Violence Programs, violence against gays and lesbians rose 34 % in high schools and colleges. Anti-gay rhetoric can encourage, unintentionally, some sick individuals to work out their emotional problems by attacking people defined as different (the death of Matthew Shepard is just one example). We're hoping to raise a substantial amount of money for Justice, Inc., Indiana's statewide civil rights organization for gay, lesbian and HIV issues, so that we can help stop the anti-gay legislation being proposed in Indiana. If you want, you can make an additional donation to Justice, Inc.

The choice of dinner entrees are: lasagna, vegetarian lasagna, or chicken spaghetti. Music by The King of D.J.'s. Cards and board games will be available. \$17 per person, \$34 per couple. **NO alcohol, NO jeans!**

PLEASE INCLUDE WITH YOUR CHECK:

Name _____ Number of people in your party _____ Ticket amount enclosed \$ _____
(Optional) additional donation specifically for Justice, Inc. \$ _____ Entrée of your choice (list number of persons and their selection Lasagna _____ Vegetarian Lasagna _____ Chicken Spaghetti _____

For reservations, send your check by January 31 to:

Southside Christian Church, 1329 E. Jackson Road, South Bend, IN 46614.

Directions: Southside Christian is located south of the bypass and east of Business route 31. Jackson Road runs east-west and is between Ironwood and Miami. From the intersection of Miami and Jackson Roads, turn east. The church is on the north, just past Fairington Apartments. From the intersection of Ironwood and Jackson Rd., turn west. The church is on the north soon after the 4-way stop at York Road, before the traffic light at Miami.

**For more info, call Southside at 219-291-1156. Please leave a message if no one answers and we'll return your call.
50% of the proceeds will benefit, Justice, Inc.**



"SINGLED OUT" GATHERING SUCCESSFUL

In December, we kindled our holiday spirit by gathering together and making cookies and Christmas decorations. Amber showed us scissor cutting to make paper ornaments. Judy worked diligently and cheerfully until every last cookie was baked and frosted. Sue made clothes for Lisa's pipe cleaner people. And of course we ate—we always eat! Guess that's something else we like to do together! Thanks for inviting us all into your home, Linda!

Cabin fever/potluck party January 16.....see community page announcements for info

Another year is beginning.

Did you remember to make all those New Year's resolutions? No? Well, here is a two-word list that will cover a lot of ground if you make them words to live by: "BE TOLERANT." Be tolerant of your neighbor, of those whose skin is a different color, of those who hold different religious beliefs, of visitors and immigrants from other countries, of those who hold opinions different from yourself, and especially of those who you encounter in your daily life and you'll be a better, happier person.

We Wish you a New Year of Peace & Happiness !!



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Justice, Inc.

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Voters Registration Drive

For more information, contact Justice at:
(317) 634-9212 or e-mail us at
lesbianhealth@justiceinc.org
Justice, Inc., PO Box 2387,
Indianapolis, IN 46206
Justice, Inc. is Indiana's Statewide
Civil Rights Organization
On Gay, Lesbian and HIV issues

IN THE NEWS



WOMEN OUTPACING MEN BY DEGREES

For the first time, females aged 25 to 29 have pulled ahead of their counterparts in educational achievement, says a Census Bureau report. The annual report says that 88.9% of women in that age group had a high school diploma, compared to 85.8% of men. In addition 29.3% of the women earned an undergraduate college degree compared to 26.3% of the men but more men (5%) had completed their bachelor's degrees. More education translates to better paying jobs. Overall, the younger population tends to be more educated, which bodes well for American society.....from USA Today
From LC.....

Melissa Etheridge's partner, Julie Cypher, gave birth to the couple's second child on November 18. The boy, Beckett, weighed in at 9 pounds, 5 ounces. The couple's daughter, Bailey Jean, will be two years old on February 10. Melissa's new album is expected out by next summer.

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Rototilling & snowplowing (in season)...219-522-5162
\$\$\$ in Real Estate investing...219-291-2342 or 291-2482
Welding techniques taught by Zealla Flores 219-233-7436 ext. 22

We would be happy to add your service and telephone # to this column for free; just send the information to P.O. Box 845, Mishawaka, IN. 46546

OPEN ARMS MISSION STATEMENT

Open Arms exists to disseminate diverse information of interest to the Michiana lesbian community. Open Arms is discreetly mailed 12 times a year in a security envelope with a P.O. Box return address only. Our mailing list is kept confidential and never given to other publication or special interest groups.

OPEN ARMS STAFF

Please send submissions to
Open Arms,
P.O. Box 845, Mishawaka, IN. 46546

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Suze.....219-254-8676 (beeper)



WIRELESS

by Lee Lynch

My pal the CEO and I were chatting about computers. Just that morning I'd unsuccessfully downloaded a media program designed to give me animated answers to some research questions.

"Ha, ha!" he laughed. "My brother couldn't get that to work either. He downloaded it, but he didn't extract it and then wondered why he couldn't use it. Ha! Ha!"

"Duh," I said, feeling clueless -- wireless. Extract? Why don't they ever mention the little details? If women or gay men ran the computer world we'd have recipe-like instructions that included the electronic equivalent of add two teaspoons, stir, combine, cook at 350 degrees. Then extract from oven. We wouldn't ever leave out that last essential step.

It's a darned good thing Lover is not only a techno-wiz, but smart and patient. She extracted the program for me that night (I still have no clue what that means) and went back to her needlepoint. I stayed with my neato-keano new toy which enabled me to relive the Yankees World Series win and hear the cheering again and again and --

I happily twiddled away, deciding after that successful installation to play with the settings. Lover had increased the number of colors; I would increase the number of pixels! This, I thought, would give me a clearer view of my triumphant team.

"Not a good thing to play with," was all Lover said when I sheepishly broke it to her that I'd destroyed my computer. The screen had gone black, I told her. Yes, the machine was still running. The prognosis, Lover's face said, was poor.

Did I freak? Naw. New computers only cost money. Naw. Replacing everything on a machine only takes time. Hundreds of dollars. Dozens of hours. Just because my eyes glaze over when I try to read a computer manual or understand something Lover's explaining, why should the small detail that I'm totally wireless stop me from reckless experimentation?

Lover came barefooted and night-gowned to my room and struggled mightily. She turned the thing off, then on. Nothing. She pressed some keys and the screen lit up. The corners of the screen were marked, "SAFE MODE."

"Wow! How'd you do that?" I asked eagerly.

She shook her head and sagely pronounced, "It's better if I don't tell you."

I couldn't argue. I'd probably have tried it out when she returned to her sewing.

In any case, she saved my machine. Not that I deserved such a miracle. Especially since I just found out that I lost more than my urge to fool around -- with my computer, not on my girlfriend -- after last night's fiasco. My speakers now emit an annoying hum instead of all the cute little Jungle sounds that normally blare throughout my day.

It'd been such fun, talking on the phone with Someone Important like my computer incompatible boss, who is not to be confused with the computer literate CEO. He'll be saying something weighty, like, "Good work, Lee!" when a chorus of crickets or a raucous jungle bird screams into the phone. Slight pause, image of boss wondering if he really heard the strange sound, then a hurried goodbye. Just one more weirdness coming from his satellite office.

Hey, some people are good at computers, some at --uh -- I wonder if I perform *any* practical miracles around our house.

There are the spiders, of course. Lover prefers that I catch and evict them, though she's more than willing to spot for me when I climb, lean or otherwise contort myself to reach the little guys. The worst is the bathtub. Have you ever balanced on the tub's edge in order to stretch to the corner where ceiling and wall meet -- and then try to coax a spider from its web fortress? If you haven't, I'll bet your partner has. Somehow, though, this little specialty of mine doesn't seem as valuable as saving spendy equipment.

Nor does my other achievement. Until recently I was the unrivaled champion of kitty litter cleaning. I won't go into detail, but no one could argue (why would anyone try?) about my aptitude there. Recently, though, I was replaced. A litter box with electronic eyes came to live with us. It scoops the stuff up and dumps it into a closed compartment within moments after a deposit is made. The kitties are loyal - they won't use the thing. Yet. As soon as they get used to it I know what will happen. Yep, I'll be downsized. And you know who had to assemble this high-tech gadget. Yep, Lover. By wiring the potty she's reduced my repetitive stress syndrome known in non-geek circles as litter elbow by 25%. Now I can spend my new-found spare time assembling custom techno music CDs to my heart's content.

Last week I stayed with WEB virgins. Honest, they didn't know how to search, outside of a mall, for the Barbra Streisand album they wanted. *I* taught them.

I hope Lover feels as good about her techno-rescues as I did about leading my friends through the wires of the WEB. Or as I do after I deliver her from preying spiders.

She swiftly fixed my sound problem, explaining, "One of the kitties unplugged the speakers."

No wonder I was wireless.

Copyright Lee Lynch 1998



WELLNESS CORNER

By Susan Myers, R.N., LCSW, HTP, Holistic Health Counselor

How We Can Heal: Igniting the Healing Fire

It's one thing to understand intellectually the steps you need to take to heal. It's quite another to understand what you need to do on an emotional level. To ignite the healing fires, you need to believe something with your heart. The heart holds the catalyst that causes the rest of the body and mind to heal. Here are 12 ways to maxi-

mize your healing potential:

1. Learn to say **NO**. The most important thing you can do for yourself in a crisis situation is to learn to manage your time. You have to put yourself first. Whether you're healthy or trying to heal, ask yourself: Is this what I want to put my time into right now? Whenever you find yourself in a life crisis, ask the following questions:

* Who are the most important people in my life?

* Am I investing my time in the people and things that matter most to me, both for healing and for living a meaningful life?

* If not, what am I willing to do about that?

You may need to cut down on the time you spend with people whose orientation and behavior no longer fit in with your need to heal. Using time wisely also means leaving empty space for yourself, time to do nothing so that you allow new ideas and feelings.

2. Change course immediately. People often tell me that until they can figure out what treatment is best for them, they feel safer not doing anything. I take that to mean that they are not ready to make the necessary changes in their lives. A change does not have to be big to be effective. Introducing a shift in your nutrition or adding an exercise regime is a good beginning.

3. Practice cyclic thinking. The perception that time and life are linear, handicaps the healing process. "Healing is, above all, a learning experience," and one of it's biggest lessons is that life is characterized by impermanence and flux. Cyclic thinking is also one of the most effective means of learning to forgive. Forgiveness frees up the energy for healing.

4. Have realistic goals for yourself. Just as no one can train to run a marathon in one day, living a healthy life or healing an illness requires that you practice regularly whatever disciplines you adopt, whether they are medical treatment, nutritional changes, exercise regimen, visualization, or medication. You need to be patient with yourself.

5. Develop your will power. Desiring to heal is not the same as having the will to heal. You need to train your mind and emotions to respond to the positive commands you create.

6. Healing is not a quest to solve your mysteries but to learn how to live within them. Illness remains one of the great mysteries of life. The purpose of the mysteries in our lives may well be to lead us out of our dependence on human reasoning into acceptance that Divine intelligence is in control.

7. Cultivate grace. The spirit needs nourishment to heal, just as the mind and body do. Build up the courage to act by inspiring yourself with the stories and wisdom of those who have changed their lives forever through taking action, through entering the dark night of the soul fearlessly.

8. Use sacred imagery. Whether you use visualization or actual objects, sacred imagery is a profound way to feel a connection with the heavens.

9. Learn something new every day. Learning activates passion, and passion is power - in fact, it is one of the strongest forms of energy that we can generate within our body. Passion is a connection to life itself, giving us a reason to want to see tomorrow.

10. Create a new vocabulary for yourself. Although there is no harm in expressing the pain and fear that illness brings into your life, you want to avoid falling into the pit of constantly "speaking pain." One woman referred to her illness as "a friend who has come to teach me great truths." Calling her illness a friend helped her lessen the fear of her situation and helped her feel she could communicate with her illness; she also felt it would leave her when the time together was complete.

11. Review daily where you have plugged in your energy circuits. Pay attention to any feeling that energy is leaving your body and assess why and where it is going. Learn to sense the flow of energy into and out of your body. You already know the sensation of energy leaving your body when you are angry or frightened - you feel instantly weakened, or develop a headache or backache. Any physical symptom is a signal that you are losing energy.

12. Practice gratitude whenever you feel overwhelmed. Feeling appreciative makes life thrive in our systems. Make gratitude a practice. Learn to see your life through a wide angle lens that includes every detail.

Borrowed from The Patient Connection, vol. 7, 12/97. Nephrology, Inc.

JUSTICE SEEKS INTERNS.....Justice, Inc., Indiana's statewide civil rights organization on gay, lesbian & HIV issues, works with colleges and students to provide opportunities for students interested in gay, lesbian and HIV issues to do internships which include lobbying, activism, organizing, media work and many other activities. Justice will work with the intern on specific projects depending on the candidate, length of internship and credit hours. Call Justice at 317-634-9212 or e-mail president@justiceinc.org with questions. To apply: send a cover letter, resume and contact information with 3 references to Wally Paynter, Justice President, P.O. Box 2387, Indianapolis, IN 46206

COURT OF FRIENDS



Okay, all you singles! Looking for that special someone? Here is your opportunity to reach out to other singles. Write out what you want other singles to know about you and what you are seeking in another. Open Arms will run your ad for 2-3 months. You can resubmit or cancel at any time.

Open Arms reserves the right to edit for length and/or content any letters submitted for publication.

Send your ad to: The Court of Friends, P.O. Box 845, Mishawaka, In. 46546 You will be assigned an ID number. Your letter and ID number will be published in the next issue. Those wishing to respond to a published single, may do so by enclosing their reply in a stamped, sealed envelope with the ID number written in PENCIL on the front of the envelope. Place your reply into another envelope and mail to the Court of Friends. Your reply will then be addressed to the corresponding single and mailed.

#80.....I am a white female, 33 looking for a female. I like music and some sports. I like walking and occasionally bike riding and also hanging out at the mall. Would like to find a friend first.

Received via e-mail.....

I have Primary Peritoneal Cancer. This cancer has only recently been identified as its OWN type of cancer; but it is essentially Ovarian Cancer. Both types of cancer are diagnosed in the same way (with the "tumor marker" CA-125 blood test), and they are treated in the same way (surgery to remove the primary tumor and then chemotherapy with Taxol Carboplatin).

Having gone through this ordeal, I want to save others from the same fate. That is why I am sending this message to you and hope you will print it and give or send it via e-mail to everyone you know. One thing I have learned is that each of us must take TOTAL responsibility for our own health care. I thought I had done that because I always had an annual physical, had my annual mammogram and PAP smear, did monthly Self Breast Exam, went to the dentist at least twice a year, ect. I even insisted on a sigmoidoscopy and a bone density test last year. When I had a total hysterectomy in 1993, I thought that I did not have to worry about getting any of the female reproductive organ cancers. LITTLE DID I KNOW. I don't have ovaries (and they were healthy when they were removed!) but I have what is essentially ovarian cancer. Strange, isn't it? These are just SOME of the things our Doctors never tell us. ONE OUT OF EVERY 55 WOMEN WILL GET OVARIAN OR PRIMARY PERITONEAL CANCER! The "classic" symptoms are an abdomen that rather suddenly enlarges and constipation and/or diarrhea. I had these classic symptoms and went to the Doctor. Because these symptoms seemed to be "abdominal", I went to a gastroenterologist. He ran tests that were designed to determine whether there was a bacterial infection; these tests were negative, and I was diagnosed with "Irritable Bowel Syndrome." I guess I would have accepted this diagnosis had it not been for my enlarged abdomen. I swear to you, it looked like I was 4-5 months pregnant! I therefore insisted on more tests. They took an x-ray of my abdomen; it was negative. I was again assured, that I had Irritable Bowel Syndrome and was encouraged to go on my scheduled month-long trip to Europe. I couldn't wear any of my slacks or shorts because I couldn't get buttoned, and I KNEW something was radically wrong.

I INSISTED on more tests, and I they (reluctantly) scheduled me for a CT-Scan (just to shut me up, I think). This is what I mean by taking charge of our own health care. The CT-Scan showed a lot of fluid in my abdomen (NOT NORMAL!). Needless to say, I had to cancel my trip and have FIVE POUNDS of fluid drawn off at the hospital (not a pleasant procedure, I assure you, but NOTHING compared to what was ahead of me). Tests revealed cancer cells in the fluid. Finally, finally, finally, the Doctor ran a CA-125 blood test and I was properly diagnosed. I HAD THE CLASSIC SYMPTOMS FOR OVARIAN CANCER AND, YET, THIS SIMPLE CA-125 BLOOD TEST HAD NEVER BEEN RUN ON ME.. NOT AS PART OF MY ANNUAL PHYSICAL EXAM AND NOT WHEN I WAS SYMPTOMATIC. THIS IS AN INEXPENSIVE AND SIMPLE BLOOD TEST!!! PLEASE, PLEASE, P-L-E-A-S-E TELL ALL YOUR FEMALE FRIENDS AND RELATIVES TO INSIST ON A CA-125 BLOOD TEST EVERY YEAR AS PART OF THEIR ANNUAL PHYSICAL EXAMS. BE FOREWARNED THAT THEIR DOCTORS MIGHT TRY TO TALK THEM OUT OF IT, SAYING "IT ISN'T NECESSARY." BELIEVE ME, HAD I KNOWN THEN WHAT I KNOW NOW, WE WOULD HAVE CAUGHT MY CANCER MUCH EARLIER (BEFORE IT WAS A STAGE 3 CANCER)!!! INSIST ON THE CA-125 BLOOD TEST; DON'T TAKE "NO" FOR AN ANSWER. THE NORMAL RANGE FOR A CA-125 BLOOD TEST IS BETWEEN ZERO AND 35. (MINE WAS 754...THAT'S RIGHT, 754!) IF THE NUMBER IS SLIGHTLY ELEVATED, YOU CAN HAVE ANOTHER ONE DONE IN THREE OR SIX MONTHS AND KEEP A CLOSE EYE ON IT JUST LIKE WOMEN DO WHEN THEY HAVE FIBROID TUMORS OR WHEN MEN HAVE A SLIGHTLY ELEVATED PSA TEST (PROSTATE SPECIFIC ANTIGENS) THAT HELPS DIAGNOSE PROSTATE CANCER. HAVING THE CA-125 TEST DONE ANNUALLY CAN ALERT YOU EARLY, AND THAT'S THE GOAL IN DIAGNOSING ANY TYPE OF CANCER-CATCH IT EARLY. I hope I haven't bored you with all of this. But I hope I HAVE scared you enough to motivate you to action. Do YOU know 55 women? If so, at least one of them will have this VERY AGGRESSIVE cancer-and maybe, just maybe, it will be YOU. I hope not. Please, go to your Doctor THIS WEEK and insist on a CA-125 test and have one EVERY YEAR for the rest of your life. And forward this message to every woman you know and tell all of your female family members and friends. As the Nike ad say, "JUST DO IT!" Please don't think youth will protect you, either. Though the median age for this cancer is 56 (and, guess what, I'm exactly 56), women as young as 22 have it. Age is not a factor. My best wishes for your continued good health.

Carolyn Benivegna

COMMUNITY EVENTS

"SINGLED OUT" Saturday, January 16, 6:00 PM

Cabin Fever Party/Potluck at Loretta's house. Bring a dish to pass and bring a friend!! For more information & directions, please call Loretta, 219-256-1183, or Linda, 219-257-9082 or Lynn: 219-259-6801

And remember, come one ,come all, and bring what cha got. You can join this party- single or not!!

Toni Tennille (Grammy Award Winner) in Victor/Victoria.....Limited Indianapolis Engagement at the Murat Centre January 19 thru January 24....Group Orders and show time information: 1-317-231-0000 ext. 206 or Ticketmaster 1-317-5151

The University of Wisconsin-Madison Ten Percent Society has been selected to host the 7th Annual Midwest L/G/T College Conference. The event will be held From February 19-21 at the Monona Terrace Convention & Community Center and will feature 3 keynote speakers, 60 breakouts, and 3 specialized seminar sessions. Anyone interested in receiving e-mails about the development of this conference should e-mail mbtgtcc@tps.stdorg.wisc.edu

COMMUNITY SPIRIT Area's (St. Joseph, MI) newest social/activity group. Meetings are the 2nd & 4th Wednesday of the month. More info, call Julie 616-982-1300 or Terry Kuseski at 616-925-7371, or e-mail Julie at MsJKK2U@aol.com

KALAMAZOO GAY/LESBIAN RESOURCE CENTER, C.A.R.E.S Building, Lower Level
629 Pioneer Street, Kalamazoo, Mich. 49001 voice mail: (616) 349-4234

LESBIAN GROWTH & SUPPORT GROUP

meets Monday nights 7-8:30 pm, Fort Wayne Woman's Bureau at 303 E. Washington, Fort Wayne. Info....219-424-7977
Also in Fort Wayne...G/L/Bi/T Helpline 219-744-1199 Mon.-Thurs., 7-10 pm, Fri.-Sat, 7-12 am, Sun, 8-9 pm

LESBIAN SUPPORT GROUP Every Tuesday 7-9 P.M. For Info, write: LSG, P.O. BOX 1612, MISHAWAKA, IND. 46544

NATIONAL ORGANIZATION FOR WOMEN (NOW)

Meets the first Wednesday of each month from 7 - 9 p.m., St. Joseph County Public Library, 304 S. Main, South Bend

NORTH/CENTRAL ALLIANCE Located in the Kokomo, Tipton, Logansport, Marion and Frankfort area of North/Central Indiana....North/Central Alliance, P.O. Box 186, Kokomo, IN. 46903.. Voice Mail 317-454-8868

PFLAG (Parents & Friends of Lesbians and Gays) Meetings are from 2 to 4 p.m. the 4th Sunday of the month at Christ the King Lutheran Church, 17195 Cleveland Road, South Bend. For Info...Nancy 219-277-2684, or Sue 219-277-3012 or write P.O. Box 4195, S. Bend, 46634-4195

SAPPHOS NETWORK A support/study/social group for N. Cent. IN, P.O. Box 118, Kewanna, IN 46939-0118 (219) 595-7542

THE TREVOR HOTLINE National toll-free suicide hotline for gay and questioning youth. It's open 24 hours a day, seven days a week, 365 days a year. Teens can call 1-800-850-8078, where they can talk to trained counselors. All calls are free and confidential. For more information about the Project, visit www.trevorproject.com

TO LIST YOUR GROUP OR UPCOMING EVENT (45 DAYS ADVANCE NOTICE) ON THIS PAGE, PLEASE SEND THE INFO TO PO BOX 845, MISHAWAKA, IN 46546

NOTRE DAME WOMEN'S BASKETBALL

Thur. Jan. 7	vs. West Virginia	7:00 p.m.
Sun. Jan 10	vs. Providence	2:00 p.m.
Sat. Jan 23	vs. St. John's	7:00 p.m.
Wed. Feb 3	vs. Boston C.	7:00 p.m.
Sat.. Feb 6	vs. Seton Hall	2:00 p.m.
Wed. Feb 17	vs. Syracuse	7:00 p.m.
Tue. Feb 23	vs. Miami	7:00 p.m.

ABL games televised on FOX SPORTS:



Jan. 1,	Nashville @ Chicago	4:00 p.m.
Jan. 24,	All-Star Game @ San Jose	4:00 p.m.
Jan. 31,	Seattle @ Portland	1:00 p.m.

Got cable or a dish?? Check out Women's College Basketball on ESPN & ESPN2 this month

OPEN ARMS SUPPORTERS

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Advertising rates are billed as follows:
For the calendar year beginning January 1, and running 12 months thru December 31, a business card sized insert (2" x3 1/2") is \$10.00. For a limited time insert, the cost is \$1.00 per month
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January 1999

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SAT

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Happy
birthday
PAM C.

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SUZ
Best
Wishes



17



Martin Luther King Jr. Day

18

Gloria B.



19 Zeallo

Celebrate
today!!

20



Suzanne, & Paula B.

21

Special
Day

22

Laura A.



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Happy
birthday

Lori M.

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Best
wishes
Lisa F.

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